

Women's Health and Smoking

Tobacco use is a serious women's health issue.

Women share the same health risks from smoking as men, but they also face risks that are unique to women – like problems with menstruation (more painful periods), cancer of the cervix and problems in pregnancy.

- Over the past 50 years, as more women began to smoke, lung cancer deaths in women rose sharply. By 1987, lung cancer had replaced breast cancer as the leading cause of cancer deaths in women.
- Smoking is linked to sudden cardiac death, heart disease and stroke in women.
- Tobacco ads targeting women show women who are slim, attractive and often athletic – images that are at odds with the real risks from smoking. The truth is that women who smoke will look older before their time, will have more wrinkles and will have a much harder time staying in shape because of breathing problems.
- The lungs of teen girls who smoke will not grow at the same rate as those of other teens. And the lungs of adult women who smoke will decline in function at earlier ages than in women who don't smoke.
- For women who may want to have a child one day, smoking raises the risk of infertility. Smoking also raises the risk of having a stillbirth, going into labor before your baby is ready to be born and having your baby die of Sudden Infant Death Syndrome (SIDS). Quitting smoking before you get pregnant is the best way to protect your baby's health and to prevent problems with pregnancy and delivery.

**You can breathe easier, stay younger-looking longer
and improve your health by quitting smoking.
And we can help you quit.**



Vermont's Quit Smoking Services

Phone • Local • Online

The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.

Free Phone Quit Coaching The Vermont Quit Line



The Quit Line links you with a quit coach who will call you at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice and support to help you stay quit.

The Quit Line can also link you to a local quit coach or mail out self-help materials.

The Vermont Quit Line can see if you're eligible for free or lower-cost nicotine replacement therapy like patches, gum or lozenges. Call toll free 1-877-YES-QUIT (937-7848) when you want to get ready to quit.



Local Quit Coaching Ready, Set...STOP Program



Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking. They can also help you get free or lower-cost nicotine replacement therapy.

When you are ready, call the **Ready, Set...STOP** program (at your local hospital). Or, you can call the Quit Line or go to www.TobaccoStories.org to find out how to reach a local quit coach.

Free Online Quit Smoking Service www.VermontQuitNet.com



QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit.

QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you. The Vermont Department of Health provides free QuitNet access for all Vermonters, a savings of \$100. Join QuitNet at www.VermontQuitNet.com.

For more info or to share stories, tips and advice, go to www.TobaccoStories.org.

